



January 2019

K-8 Lunch 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
31	New Year's Day Holiday!	Whole Grain Chicken Nuggets Baked Beans Fruit BBQ Dipping Sauce	BBQ Chicken Drumsticks Whole Grain Brown Rice Broccoli Fruit	Whole Grain Cheese Pizza Mixed Vegetables Fruit
Hot Dog (Beef) Whole Wheat Hot Dog Bun Baked Beans Ketchup & Mustard Fruit	Whole Grain Macaroni & Cheese Mixed Vegetables Fruit	Whole Grain Meat Calzone (Turkey & Beef) Broccoli Fruit	WG Crispy Chicken Patty Whole Grain Waffle Home Fries Fruit w/Syrup	WG Turkey-Pepperoni Pizza Carrots Fruit
Popcorn Chicken Whole Grain Brown Rice Broccoli Fruit Sweet & Sour Dipping Sauce	Steak & Cheese Bomb Whole Grain Sub Roll Carrots Fruit	Beef Tacos w/Cheese w/Shredded Cheddar Whole Grain Soft Tortilla Black Beans & Corn Fruit	Cranberry Chicken Whole Grain Stuffing Green Beans Fruit	Whole Grain Cheese Pizza Mixed Vegetables Fruit
Martin Luther King Holiday!	Chicken Nachos with Cheddar Cheese WG Baked Tortilla Chips Black Beans & Corn Fruit	Whole Grain Three Cheese Calzone Mixed Vegetables Fruit	Breaded Chicken Sandwich Whole Wheat Hamburger Bun Sweet Potato Fries Fruit Ketchup	WG Turkey-Pepperoni Pizza Green Beans Fruit
BBQ Texas Burger w/Onion Rings Whole Wheat Bun Baked Beans Fruit	Chicken Parmesan w/ Marinara Sauce Whole Grain Pasta Broccoli Fruit	Whole Grain Cheese Quesadilla Peas & Corn Fruit w/Sour Cream	Teriyaki Chicken Drumsticks Whole Grain Brown Rice Mixed Vegetables Fruit	